

## **Abstract of the Disclosure**

A retractable tape measure wherein the tape is adapted with a set of inside measure distance indicators which factor in the longitudinal external dimension of the housing. The user can take a direct inside measure reading from the tape, without having to add in the dimension of the housing. The housing can be any desired size, without regard for whether its length is an easy-to-add number such as an integer. The tape may have separate marks and distance indicators for inside measurements than for outside measurements.